

Report Date: 12 Aug 2014

Summary Report for Individual Task
805P-COM-1118
Perform Hill Repeats
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform Hill Repeats, completing all the prescribed exercises so each exercise is performed:

- (1) without causing injury to personnel.
- (2) in accordance with FM 7-22, Chapter 10.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

- Conduct visual reconnaissance of training area before execution of this drill.
- Hill repeats should not be conducted under load.

Remarks: None

Notes: None

Performance Steps

1. Perform Uphill Repeats IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: On uphill repeats, lean slightly forward without bending at the waist. On steep hills, the knees will need to rise higher than normal to permit a full stride.

- a. Sprint 15-20 seconds uphill.
- b. Walk 60-90 seconds back downhill.
- c. Perform 6 to 10 repetitions of this cycle.

2. Perform Downhill Repeats IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: It is important to maintain good form during hill repeats, especially when running downhill.

- a. Sprint 15-20 seconds downhill.
- b. Walk back up the hill for 60-90 seconds.
- c. Perform 6 to 10 repetitions of this cycle.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, hill with both steep and gentle slope is ideal for the performance and evaluation of the Hill Repeats. Soldiers can wear ACUs with boots or the IPFU. However, they should NOT conduct Hill Repeats under load.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed Uphill Repeats IAW FM 7-22, Chapter 10.			
a. Sprinted 15-20 seconds uphill.			
b. Walked 60-90 seconds back downhill.			
c. Performed 6 to 10 repetitions of this cycle.			
2. Performed Downhill Repeats IAW FM 7-22, Chapter 10.			
a. Sprinted 15-20 seconds downhill.			
b. Walked back up the hill for 60-90 seconds.			
c. Performed 6 to 10 repetitions of this cycle.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Reviewed

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved

Supported Collective Tasks : None